



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Alufixe Truppe

□□□: 9:34:44

□□: 257

□□: 10.44 km/h

□□□□: 5:45 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 33 (of 76)

□□□□□□: 8:08:42

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□□□□□: 33(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	54:48	5:16	22	15:20	22	15:20	10.40	54:48	5:16	22	15:20	22	15:20
Amelinghausen	13.60	1:03:59	4:42	12	6:45	12	6:45	24.00	1:58:47	4:56	12	17:24	12	17:24
Schwindebeck	8.30	57:14	6:53	61	20:22	61	20:22	32.30	2:56:01	5:26	26	25:29	26	25:29
Bispingen	9.60	57:58	6:02	38	12:42	38	12:42	41.90	3:53:59	5:35	26	34:23	26	34:23
Overhaverbeck	10.80	1:01:00	5:38	39	15:26	39	15:26	52.70	4:54:59	5:35	26	39:38	26	39:38
Undeloh	6.90	52:11	7:33	67	23:29	67	23:29	59.60	5:47:10	5:49	40	52:42	40	52:42
Egestorf	9.20	1:00:52	6:36	55	19:27	55	19:27	68.80	6:48:02	5:55	40	1:01:17	40	1:01:17
Salzhausen	10.60	56:22	5:19	23	14:21	23	14:21	79.40	7:44:24	5:50	35	1:07:49	35	1:07:49
Südergellersen	10.90	59:39	5:28	27	14:20	27	14:20	90.30	8:44:03	5:48	32	1:22:09	32	1:22:09
Sülzwiesen	9.70	50:41	5:13	26	6:47	26	6:47	100.00	9:34:44	5:44	33	1:26:02	33	1:26:02